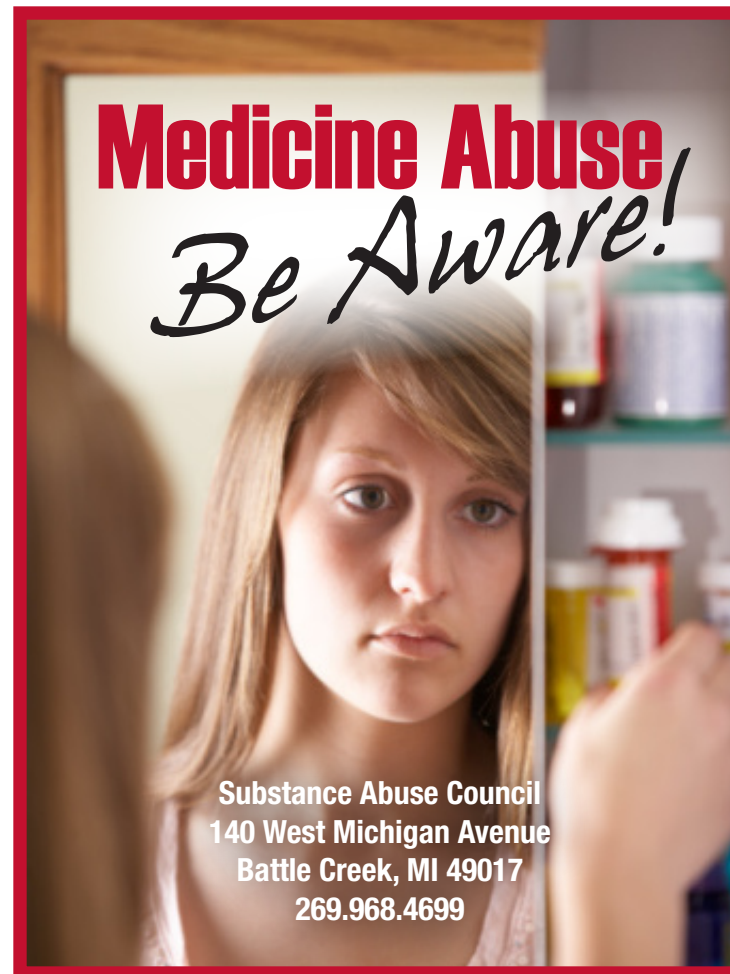


**Don't Make It Easy  
For Someone  
To Take Your  
*Prescription  
Drugs!***

For more information please contact the  
Substance Abuse Council  
Medicine Abuse Prevention Task Force

**269.968.4699**

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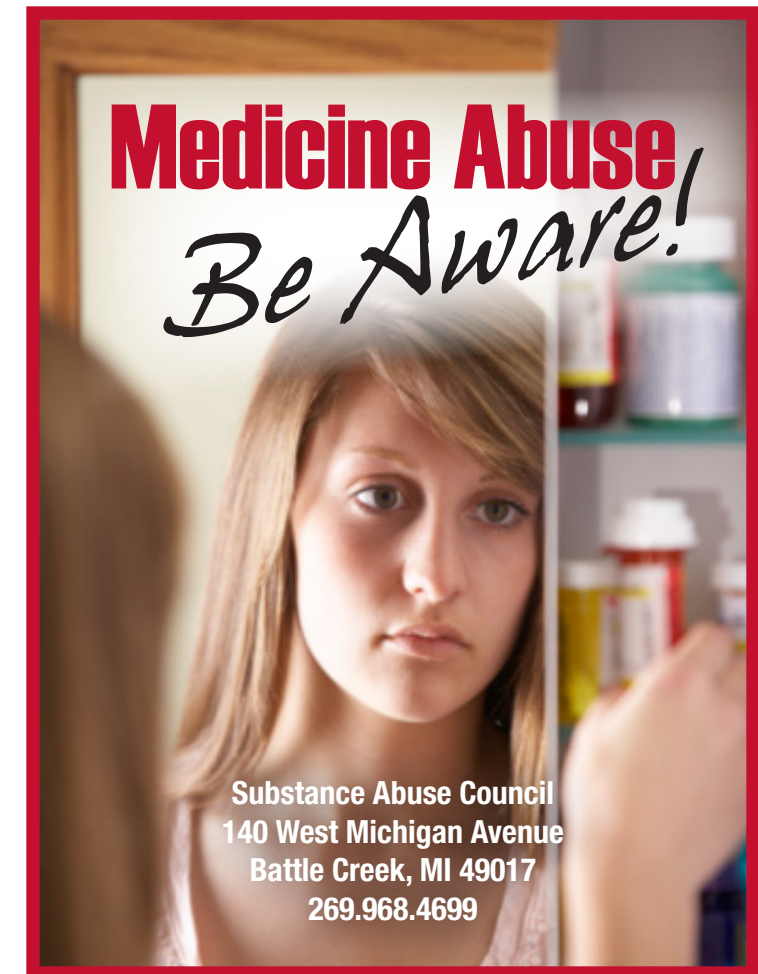
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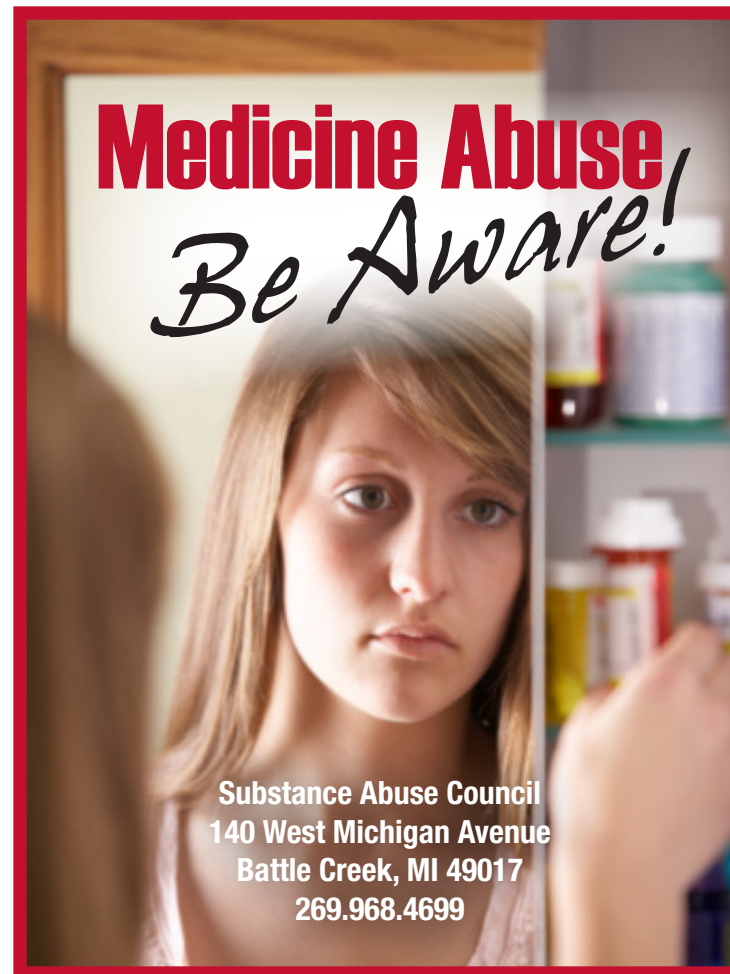
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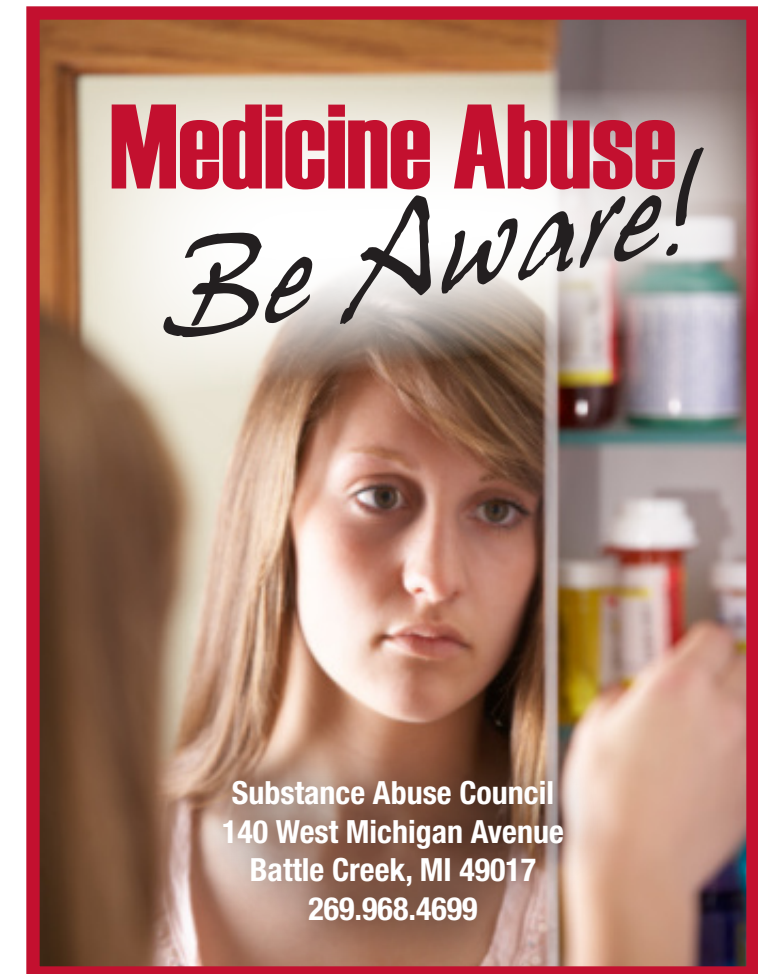
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When we use our medications properly, they can help us deal with illness and pain. If they are misused, they can be addictive or dangerous.

Prescription and over-the-counter medicine abuse is on the rise. Youth, females, and seniors are among the top to misuse/abuse. To decrease problems resulting from misuse, these tips may be helpful:

### Securing Your Medicine

- Be careful where you keep your medicines
- Avoid being the victim of someone stealing yours, lock them up
- Keep track of your supply as best you can
- Communicate with youth about the serious consequences of using medicines the wrong way or in the wrong combination

### Good ways to Get Rid of Medicines

- Get rid of expired or unused prescription medications
- Scratch off or blacken in your name on the container
- crush them, mix with water or coffee grounds to discourage misuse
- Flush them down ONLY if the label says that's OK
- Bring them to programs where they take and dispose of them properly
- Take to household hazardous waste dump sites

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### Preventing Abuse

- Educate yourself and others about risks of incorrect use
- Take medicines as prescribed, read all directions/get clear explanations
- Talk to your doctor about all medicines you use, ask questions!
- Know about your child’s online activities; the number of websites selling medications has risen
- Find and promote other ways to deal with stress and to have fun



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